



Weekly Health Tip:

Safe Toys & Gifts

Not all gifts are appropriate for children, especially when it comes to possible physical injury. In reports from the U.S. Consumer Product Safety Commission (CPSC), nearly 186,000 injuries caused by toys require emergency room treatment for those ages 15 and younger. Of those, 90,600 of those injuries were to children younger than five years of age.

Here are some tips to keep in mind when choosing a toy as a gift:

- Do not purchase toys that shoot or fly. This includes slingshots, darts, water guns and BB guns. In fact, BB guns are the leading individual cause of eye injuries in children.
- Purchase toys that have solid construction and are made of durable materials.
- Do not purchase toys with sharp edges or points.
- Follow the recommended age guidelines posted on the product packaging.
- Do not give small children toys with small parts that can become dislodged and thrown.
- Read all instructions carefully. This helps to ensure all products are put together properly and that no parts are left laying around.
- Do not buy a product unless it meets national safety standards; look for and purchase toys with the letters ASTM: American Society for Testing and Materials.
- Explain to a child how to use the product safely.
- Do not keep or donate damaged toys; throw them away in a trash receptacle that children do not have access.
- Make sure a child is supervised by an adult when playing with any unfamiliar toy.

Resources

U.S. Consumer Product Safety Commission: www.cpsc.gov

Prevent Blindness America: www.preventblindness.org

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